

THE FLYER

Vol 35, Issue 17

Salisbury University's Student Voice

March 11, 2008

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Healthy U opens its doors to the Salisbury U community



Adrienne Price photo

Chair of SU's Foundation Inc. Ed Thomas, Healthy U founder Mitzi Perdue and SU president Janet Dudley-Eshbach cut the ribbon at the opening ceremony on Tuesday.

By Sara Sutton
Staff Writer

On Tuesday, March 4, Salisbury University cut the ribbon to join the fight toward a healthier campus and community. Healthy U of Delmarva, founded in 2002 by civic leader Mitzi

Perdue, has joined forces with SU to better promote Healthy U's focus on a better lifestyle through diet, exercise and smoking cessation.

Healthy U is now at its new home located at 103 Power St. in SU's East campus area. The ribbon-cutting ceremony was a big hit, with appearances by

President Janet Dudley-Eshbach and Sammy the Sea Gull. There was also live music and healthy snacks presented by the girl's field hockey team, which volunteered at the event.

"Salisbury University is proud to promote healthy lifestyles and to uphold the legacy of Mitzi Perdue, a true civic leader and friend to our region and this campus," said SU President Janet Dudley-Eshbach.

"Salisbury University's student body has been recognized as one of the most physically fit in the country and the Healthy U program is something our campus will embrace. We are honored that Mitzi has selected the University to carry on her important work."

Healthy U focuses on wellness in six dimensions: physical, intellectual, spiritual, occupational, emotional and social.

"Healthy U and SU are a perfect fit. Both are about educating people, with Healthy U focusing on the importance of exercise and healthy eating," said Dr.

See Healthy U Pg. 2

Student tries to recall Mayor Barrie Tilghman

By Alex Ruoff
Staff Writer

SU student Jordan Reisman is utilizing online social networks such as Facebook, email, local press and the power of his own voice to collect signatures in an attempt to recall Salisbury Mayor Barrie Tilghman.

Reisman's petition also calls for the recall of City Council presi-



Telecia Taylor photo
SU student Jordan Reisman

works maintenance, the noise ordinance and business centers.

"The sidewalks and roads are awful here and what should be a busy downtown business section consists mostly of vacant buildings," Reisman said. "We have unprecedented levels of crime and a growing student population that is constantly being exploited. Students should have someplace to go and have fun that isn't the Monkey Barrel."

According to the city of Salisbury's Web site, to recall the mayor Reisman applied for an official petition last week that requires at least 30 percent of the city's registered voters or about 3,500 signatures. He has 90 days to fill the petition, upon which time a reaffirmation vote will be held where voters will decide whether to reaffirm or recall the mayor. If recalled, a special election will be held where anyone can run for office.

The process is similar for recalling the councilmen, but he only needs close to 3,000 signatures.

"We need to get real change started in this city," Reisman said. "As students are not being treated as equals because none of us vote. We need to get out there and vote."

Reisman's campaign has been called "foolishness" by Katherine Woody Day and unfounded by

See Mayor Pg. 2

SU plumber wins \$250,000 in MD lottery

By Nick Lehwald
Staff Writer

SU senior maintenance mechanic Ernest "Morris" Jones feels like a million bucks. Last month, Jones hit the jackpot of the Maryland Lottery Mega Millions, winning \$250,000.

"It felt like the first time I held my grandson. I just couldn't believe it," Jones said. A good-natured guy, with an easy-going smile and a hearty laugh, Jones talked openly about his winnings and his future plans.

That Wednesday morning, nothing seemed to be going right. His truck wouldn't start, he was late for work and ran out of the house with nothing in his pockets but a few dollars and his Mega Millions ticket. Checking the ticket for the first time the day after the draw-



Nick Lehwald photo

Ernest "Morris" Jones, SU staff member won \$250,000 in the Maryland lottery.

ing, Jones could not believe his luck.

"When I checked my ticket, I thought I had won \$150," Jones said.

However, when the clerk told

him that his ticket was actually for \$250,000, Jones was flabbergasted.

"I almost fell down," Jones said.

After the initial shock, he immediately called his wife and family to share the good news.

"I had let the computer pick the numbers, so it was a shot in the dark. I just happened to be in the right place at the right time. Pure luck is all it was," said Jones modestly.

After taxes are taken out, Jones will be receiving his money at his home, where he will promptly put it to use.

Now the question remains of what to do with all that money.

"It felt like the first time I held my grandson. I just couldn't believe it!"

Ernest Jones
SU plumber and lotto winner

still suffers from a lot of medical problems. We're gonna set him up with about \$30,000," Jones said. "After that, I'm going to buy me a shiny new truck. Besides that, my wife is trying to figure out what we want to do that we have never been able to do before. The rest of the money we're going to invest."

"In two to three more years I'll be able to retire, so we'll need something to make it more comfortable," said Jones, who is 59 and a long time resident of Delmar and regular lottery player.

He only buys the Mega Millions tickets on rare occasions. He was just one number off from winning that Tuesday's possible \$220 million jackpot. Jones purchased the ticket from the Shore Stop convenience store on Eastern Shore Drive in Salisbury.

City, school address local pedestrian safety

By Steven Reddick
Staff Writer

Almost seven thousand undergraduate students live in and attend classes in one of the busiest traffic areas of the town of Salisbury, Maryland, a mid-sized metropolitan area. Nested between Rt. 13 and Camden Avenue, the University is an oasis of pedestrian safety surrounded by some of the busiest roads in the area. Though there have been relatively few reported pedestrian accidents in the surrounding intersections recently, the area is by no means a haven of safe crossings.

Most students who have dared to ride a bike anywhere off campus can vouch that neither motorists nor the layout of the roads are particularly pedestrian friendly. When asked if

the roads in Salisbury are safe, most respond, "not really."

"I get a lot of honks," said Chris Menser, a senior and cyclist who lives a few miles off-campus. "A lot of shoulders have debris and potholes that have not been maintained. I have to ride in the road, mostly for visibility. It's too dangerous to ride on the shoulder."

It seems that most pedestrians affected by traffic issues see the problem as being mostly perpetuated by unaware or inconsiderate motorists. According to Lt. Brown of the SU Police Department, "The city is responding to dangerous intersections by putting more signage and visibility in crosswalks."

"I think that the city of Salisbury has good intentions and is going in the right direction by making cross-

walks more visible and by adding new ones," said Virginia Gambrell, a sophomore and avid bike rider. "Motorists just seem unable to stop at crosswalks."

Salisbury University and the city of Salisbury have been talking about efforts to improve pedestrian safety for some time now.

"I really like the tunnel under 13," added Gambrell, "I use it all the time."

Gambrell also added that she "really likes how the crosswalks at Scarborough Leadership Center were widened" but the problem continues to be that "people don't stop a lot of the time unless you're already six feet out into the crosswalk."

Walking out six feet into a Camden Avenue crosswalk, however, could potentially put one six feet under the

ground and is probably best left to the daring.

According to Lt. Brown, there was an incident "a few months ago when a bicyclist was struck by a motor vehicle." The accident happened while the bicyclist was crossing at the intersection of West College and Camden. "It was not clear if [the bicyclist] did not wait for a car or a car did not wait for him."

Whatever the case, "it is important that motorists and pedestrians work together to be safe."



Sarah Wright photo

Junior Aubrey Maggio crosses Camden Ave.

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TUESDAY 3/11/08	WEDNESDAY 3/12/08	THURSDAY 3/13/08	FRIDAY 3/14/08	SATURDAY 3/15/08	SUNDAY 3/16/08	MONDAY 3/17/08
HIGH 57	HIGH 56	HIGH 57	HIGH 59	HIGH 55	HIGH 48	HIGH 51
MOSTLY SUNNY	PARTLY CLOUDY	MOSTLY SUNNY	SHOWERS	MOSTLY CLOUDY	SHOWERS	MOSTLY CLOUDY
LOW 37	LOW 39	LOW 45	LOW 39	LOW 37	LOW 36	LOW 40

News briefs

End-of-Life Issues Lecture

Dr. Thomas Finucane, a professor at Johns Hopkins University School of Medicine and a medical expert on end-of-life issues, presents "Life-Sustaining Treatment at the End of Life" 7 p.m., Tuesday, March 11, in the Worcester Room of the Commons. Finucane has lectured extensively throughout the U.S. and overseas on topics relating to geriatric care and medical ethics. He is the co-director of the Annual Geriatrics Symposium and served as the Commissioner of the American Bar Association Commission on Legal Problems on the Elderly, as well as on the Ethics Committee of the American Geriatrics Society. His lecture is co-sponsored by the Department of Nursing, PACE (Institute for Public Affairs and Civic Engagement) and Johns Hopkins Geriatric Education Center Consortium. The lecture is free and open to the public.

Langley Winds Concert

Making their Salisbury University debut, the Langley Winds perform 7 p.m. Wednesday, March 12, in the Great Hall of Holloway Hall. Founded in 1997, the predominantly woodwind ensemble is part of the U.S. Air Force's Heritage of America Band, which performs for more than 1 million audience members each year in the eastern United States. The ensemble's repertoire includes not only classics from Puccini and Bach, but works from contemporary composers such as Gershwin and Bacharach, spanning more than 250 years of musical tradition. For more information call 410-219-2872.

New Alert Sirens

University Police introduces its new outdoor siren alert on Thursday, March 13. At approximately 12:15 p.m. we will run the siren for a few minutes, which has a recorded voice and tone alert, to familiarize the campus with the sound. The siren is the latest addition to our Emergency Alert System, which includes text and voice messaging, campus e-mail and campus TV channel 24. Those alerts will be coordinated with the siren that time. Anyone who is registered for text or voice messages will receive an alert, as will all campus e-mail users. The process is estimated to take approximately 10 minutes.

SAT optional study showing positive results

By Kristen Manion
Staff Writer

Salisbury University's SAT optional pilot program has shown positive results. The option of including standardized test scores in the admissions process is meant to follow the core values of the University, which are "excellence, student-centeredness, learning, community, civic engagement and diversity."

Last year, SU admitted 220 new freshmen out of a class of 1150 under the test-score optional system.

The SAT optional system is only applicable to incoming freshmen with a 3.5 GPA or better on a 4.0 scale.

According to the Admissions Web site, "Any student applying with less than a 3.5 would still need to submit a standardized test score to supplement the official high school transcript."

Healthy U

George Whitehead, board member of Healthy U and psychology professor at SU

The program was started as a free membership initiative that upon becoming a member dedicates its time to helping others become healthier individuals. Its membership offers discounts to local businesses, organized group activities, monthly prize drawings and the ability to be entered in the yearly Huey Awards. The Huey Awards is a competition awarding \$1,000 to any individual or group that has adapted a healthier lifestyle as well as helped others in their battle to become healthy. SU is planning on keeping all of these aspects and more, including keeping membership free to all campus and community.

The Big Event committee cleans up some big problems

By Sarah Janoske
Staff Writer

The Big Event is fast approaching, and the Student Government Association is making some changes to the planning to make sure it runs smoothly and is an improvement on the previous years. With more than 60 different jobs completed in the community surrounding Salisbury University last year, there were a few problems in the demands made by the community members.

"One of our major problems in the past has been with the job sites. People would say they have only one job to be done and it would get done more quickly than expected and then they would just find something else for students to do. Instead of just letting the students go, they would think of another job to be done," said Sean Jones, the Vice President of University Affairs for the SGA and chair of the Big Event this year.

To change this, Jones and Dr. Heather Holmes, Director of OSAO&D, have formulated a way to determine which jobs are possible for students to complete and how to turn down those jobs that are too extreme without depleting the number of community members who participate.

"This year we're going to inspect the job sites in the beginning which will help us determine the amount of students we need, if we're going to accept the job, and we've also decided that we're going to let our students know that we have the right to deny doing their requested work for any reason," Jones said.

"There were some sites in the previous years that had students taking up tile and painting their living room. It just wasn't the spirit of the community clean-up. They were almost taking advantage of the students being there," Holmes said.

Since most of the jobs requested are outside work like raking leaves, cleaning out flower boxes, washing windows or even cutting the lawn, most applications will be accepted, but there are some requests that will be automatically turned down.

If the job is done using power tools, it's an automatic no, or if it's too dangerous like wanting students to fix a problem on the roof, we have to say no," Jones said.



photo courtesy of Catholic Campus Ministry
Last year's participants Becca Anderson and Jen Bandy from CCM get pumped for the Big Event! The Big Event strives to build a stronger relationship between the University and the local community.

Each of the improvements being made for the Big Event this year helps to alleviate any problems and to make the day run easily for the students without interruptions.

At the end of the event, the trash has to be put somewhere, and that's one of the obstacles that Jones has to work out for this year.

"We're trying to get a dump truck to go around to all of the job sites," Jones said. "It got a really good response. The community thinks it's a good idea and they're with us on it. They are finally realizing that students want to give back to the community and that we aren't here just to party and trash property."

The Salisbury community members are not the only individuals who benefit from this community service project the University has sponsored for the past three years.

Holmes explained, "It makes the students more aware of the community and that there are community members who like the Salisbury students. The students have to make the effort to show they are good for the community. They have to give back and make that statement."

For Salisbury University, the event continues to bring a good report and the community is starting to see the University and students as a help rather than an annoyance.

"As the event gets bigger, we're building relationships with the local businesses on getting supplies and discounts for organizations on campus. Overall it will help make the residents who live in the dorms wouldn't have anywhere to put their trash," Jones said.

In general, the Big Event makes a big impact on the neighboring community. Most of the community members that sign up have a good experience with the students com-

ing to their homes.

"We've received tons of thank you notes in the years past. A lot of people do have a positive opinion of students, and so it reinforces what they thought, and people who didn't think so highly of the students change their mind about the University," Holmes said.

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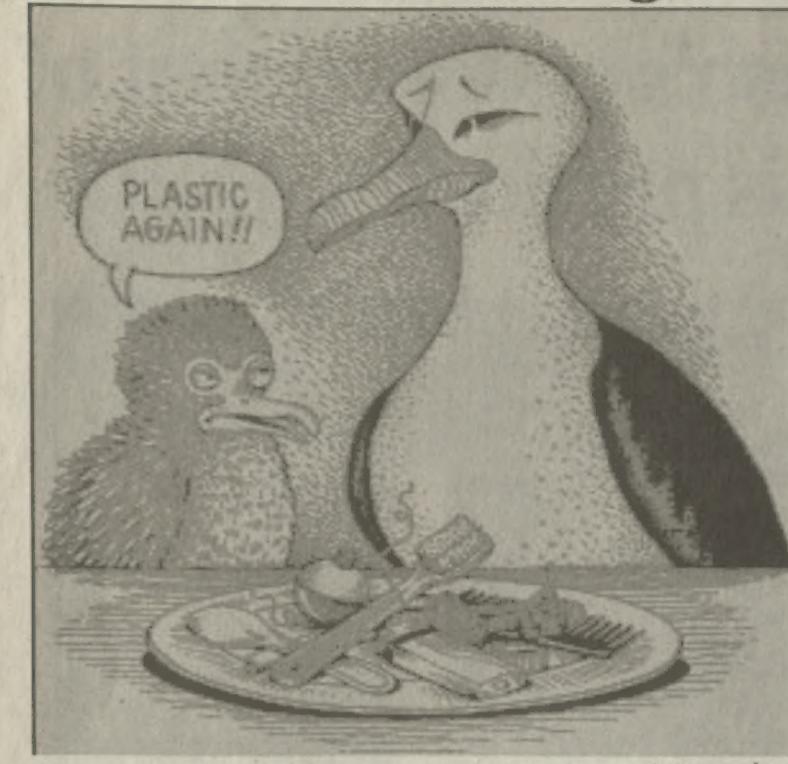
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SU's environmental efforts do not seem to be rubbing off on students



By Mary Simonds
Staff Writer

Awareness about environmental issues has continued to increase throughout our country in the past few years. Everything from environmentally friendly cars to household cleaning products have been introduced to us "environmentally unaware" Americans.

Salisbury University has implemented campus initiatives to make our campus more environmentally friendly as well. Since 2003, SU has recycled 70 tons of computers and audio-visual equipment, and 17.78 tons of electronics were recycled in 2006 alone. Most cleaning supplies are GS-37 certified, meaning they are biodegradable. Paper towels have been replaced in residence hall restrooms with hand dryers, significantly reducing the amount of paper towels residents use on a daily basis. Along with this, paper purchased for office use is made of 30 percent recycled materials and then recycled itself. New benches have even been made from recycled materials. SU is also in the process of upgrading about 1,700 plumbing fixtures to conserve 11,000 gallons of water annually. These changes are just a minute example of the multitude of things SU has been doing to make this campus more environmentally friendly. A full list of everything the University is doing has been made available on the SU Web site. I encourage you to check it out. It is a very impressive list.

Despite SU's efforts to create a more eco-friendly campus, we as a student body have done very little

to change our habits into a more conservationaly conscious lifestyle. Is it cool to care about the environment? Is that why we preach green in public while practice wastefulness in private? I think students refuse to believe that their efforts could actually make a difference.

I am not saying that I am perfect when it comes to being environmentally conscious, but I have recently become more aware of all the issues our earth faces. Thanks to my environmental communication class, I am no longer in the dark about these issues. I have personally made it a necessity that I start doing all I can to help create a more eco-friendly place for everyone.

After a little research on the Web, I came upon some staggering statistics. The average college student produces 640 pounds of solid waste each year, including 500 disposable cups and 320 pounds of paper. I hope you're thinking, "Wow! That's crazy." Well, only 5 percent of that solid waste gets recycled. Now that is crazy.

Although environmental issues go far beyond simple recycling, it is a great place to start. Recycling cans, glass and cardboard is a simple way to do your part in helping our earth. Encourage your friends to do the same. It's not hard to separate things into recyclables and non-recyclables. You could even make it a competition between you and your roommates.

Turning off dorm room lights and computers, taking shorter showers, printing fewer pages and purchasing a permanent water bottle are just a few other easy things YOU can do to better the only earth we have.

If you are one of the few students interested in this issue, there is an environmental issues major and minor offered at SU. The program director is Dr. Michael Lewis. There is also an environmental health club and you can contact president Wesley Adams for more information.

Every Salisbury student has the opportunity to save the earth that we have slowly begun to ruin. Changing your lifestyle can change our planet. Make sure you make a difference.

Ironically, with Putin as president,

ATTENTION

Salisbury University Police introduces its new outdoor siren alert on Thursday, March 13. At approximately 12:15 p.m., police will run the siren for a few minutes, which has a recorded voice and tone alert, to familiarize the campus with the sound. The siren is the latest addition to SU's Emergency Alert System, which includes text and voice messaging, campus e-mail and campus TV channel 24. These aspects will be coordinated with the siren at that time. Registrants for text or voice messages will receive an alert, as will campus e-mail users. The process is estimated to take approximately 10 minutes.

University Police encourages the campus community to sign up to receive emergency cell phone alerts by visiting www.salisbury.edu/emergency/notification.html. Those wishing to participate Thursday should register no later than noon Tuesday, March 11. (If a problem arises with the text and voice messaging service, please e-mail ALERT@salisbury.edu. Registrants should be sure to include their name and registered phone number.) For more information about SU Emergency Preparedness, visit www.salisbury.edu/emergency.

STUDENT RENTALS
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Long Rental Properties

It is clear that many people in our country are disenchanted by the current administration, and much of the dismay is directed toward the war in Iraq and the cost we're paying for gasoline at the pump. If it's the end of the war that Obama talks of, I

Russia at a crossroads

By Jeremy Riffle
Staff Writer

On Mar. 2, the Russian people overwhelmingly voted for a new president, Dmitry Medvedev. Medvedev, the choice of outgoing president Vladimir Putin, will be assuming control of a robust Russia that lies at the crossroads of either continuing the slide towards authoritarianism that Putin's rule epitomized or towards liberalizing itself.

Vladimir Putin became president of Russia on Dec. 31, 1999, when President Boris Yeltsin resigned. Putin had only months before becoming the fifth prime minister the country had in 18 months. The majority of Putin's life before that was devoted to the Soviet intelligence agency known as the KGB and its Russian successor, the FSB. The first act of President Putin was to grant immunity to Yeltsin and his family from allegations of corruption.

Putin's initial popularity came during his first month as prime minister with the onset of the Second Chechen War. The invasion of Chechnya was sparked by a series of bombings, killing nearly 300 people. The bombings, attributed to Chechen separatists, stopped after one bomb was discovered and disarmed. After the men who had planted the bomb were arrested and identified as FSB agents, the official story was that the bomb in question was a training drill and contained sugar, not explosives. This incident launched conspiracy theories that the entire series of bombings had been done to garner support for Putin and war with Chechnya.

Putin's presidency has been noted for placing an extremely strong emphasis on nationalism. During the Second Chechen War and disputes with other Eastern European countries, Russian nationalist zeal became a potent rallying force. There has been a great deal of discrimination against people with links to the Caucasus region, such as Chechens, Dagestanis and Georgians. In addition, it has become popular to view criticism of Putin or Russian policies as attempts by the Western powers to interfere with internal Russian affairs.

Ironically, with Putin as president, think that is a decision a lot of people can respect and want. However, if it's lower taxes people want, don't count on Obama to give that to you. According to neutral data from the National Taxpayers Union, Obama's platform would boost yearly federal spending by \$307.3 billion. If this means what we all think it means, then yes, there will be higher taxes, but you can probably bet they won't be as obvious as gasoline prices. They'll probably be hidden amongst all the other fees we pay on a daily basis.

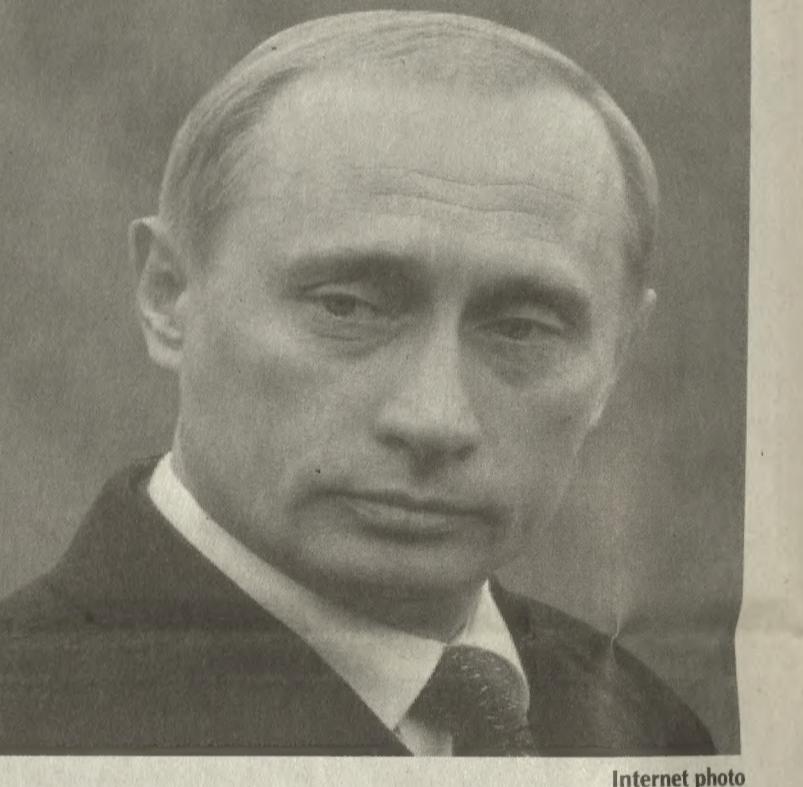
If it's lower gas prices that are wanted, let's not count on Obama for that either. Besides we still are paying less for gas than we did in the 1970s, once prices are adjusted for inflation. In fact, according to the Cato Institute, if we were to adjust the gas prices in 1949—27 cents a gallon—for inflation and changes in mean disposable income, we find that gas would have to be \$6.68 per gallon for it to take the same bite out of our wallets. It's something to think about next time a politician tries to use current gasoline prices as a political weapon to garner more votes.

Another issue that Obama has

been extremely active in the affairs of its Eastern European neighbors to bend to its will. According to a report from the Swedish Defence Research Agency, since 1991 there have been more than 55 energy disputes and incidents, over 30 of which have had political connections. Only 11 have been political confrontations at all. Even Russia's closest ally in Eastern Europe, Belarus, fell victim to this style of aggression in 2006. One of the conditions of this dispute's resolution included the sale of 50 percent of Belarus' national gas supplier to Gazprom, Russia's state-owned gas company.

The foundation that Putin laid for Russia is one of regional dominance and global forcefulness. The attempts of Russia to strong-arm its neighbors borders on the imperialistic. There have been concerns that the Russian Federation is sliding back into the USSR. These fears, while justified by what is occurring in Russia, belie a more concerning possibility, that Russia is becoming a fascist state with dreams of imperialism. Though he has described himself as liberal, President-elect Medvedev is a protégé of Putin. Which of these tendencies will emerge over the next four years will be decided by whether Medvedev can become popular in his own right, and how powerful Putin will be as Medvedev's prime minister.

One of Russia's most effective means of extorting cooperation from its neighbors has been a type of economic warfare. Russia has exploited its position as an energy superpower to force its reliant



Internet photo

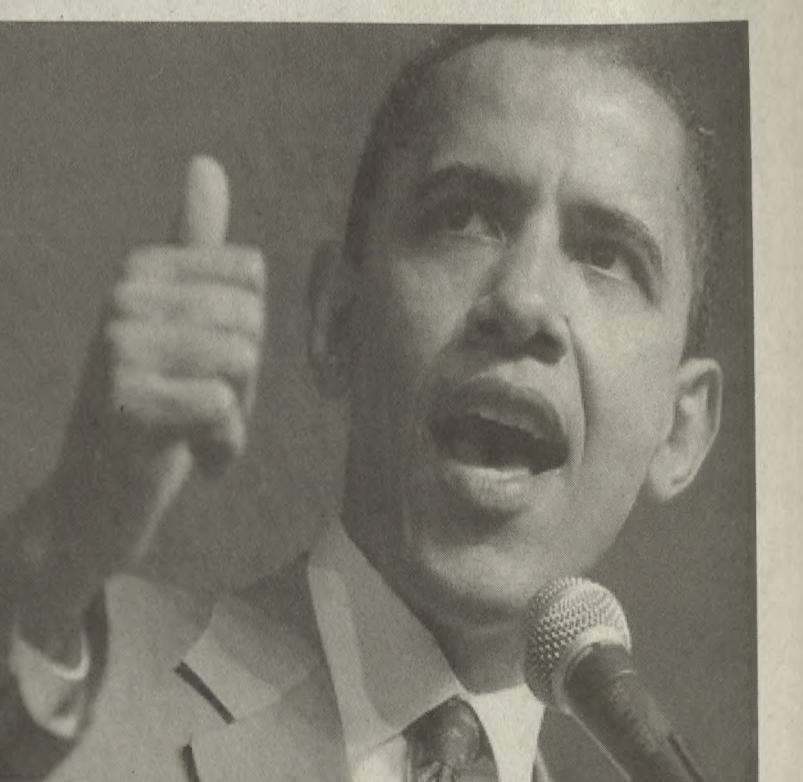
Obama's campaign is nothing we haven't heard before

By Rich Devine
Staff Writer

Just over a year ago, Senator Barack Obama appeared on the scene, starting out as a small whisper in Illinois and quickly developing into a swelling chorus that has now swept across America. What is it about Obama that has millions of people from all walks of life rallying around the Senator? In little time his campaign of "change" has taken flight. Obama has promised that there will be change if he is elected, and a whole lot of change at that. Obama has also testified that the country needs new blood and not some Washington insider.

I would hate to think that anyone has actually believed the Senator, because this is the same tired rhetoric that we as Americans hear each and every election season, when new candidates on the campaign trail promise the all too familiar concept of "change." The situation almost brings me back all the way to the election of 2000 where there was another candidate promising change. I don't suppose anyone remembers a candidate expressing distaste over the current state of affairs only to head right to the White House and become a Washington insider himself. The fact is, it's something we've heard before. Despite Obama's persuasive persona and the fact that he's a talented communicator, as Americans we can't forget to keep an objective eye on him. It's no secret that we as Americans are always hungry for change, so we necessarily can't be blamed for wanting to cling to any candidate that will promise us change, regardless of the kind of change.

It is clear that many people in our country are disenchanted by the current administration, and much of the dismay is directed toward the war in Iraq and the cost we're paying for gasoline at the pump. If it's the end of the war that Obama talks of, I



Internet photo

vowed to change is the "healthcare crisis," with both of the candidates essentially arguing over which one of them can better impose socialist policies. The true light of this matter is that of the 47 million Americans said to be uninsured, 8.7 million make between \$50,000-\$70,000 a year, 8.3 million make 70,000 and up, 15 million have access to public coverage through their employer or other means and 8 million are not even Classified

U.S. citizens. This leaves us with a true chronically uninsured population of about 8 million. This is not to say that the bureaucracy of our healthcare system and insurers doesn't have problems, because it does. The fallacy of a problem existing and the government having to swoop in and fix it usually proves more detrimental. All in all, I wouldn't count on Obama to tell you the true matter of affairs.

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The Flyer: Vol. 35 Issue 17

LIFE & STYLE

March 11, 2008

Open Mic Night rocks Cool Beans

Student musicians perform to a packed audience

By Ben Muell
Staff Writer

Fifteen members of Sigma Alpha Epsilon at Salisbury University attended the yearly Quint Province Leadership School, hosted by Dickinson College in Carlisle, Pennsylvania, from Feb. 29 to March 2. Over 300 SAEs traveling from over 35 chapters all over the Mid-Atlantic region were in attendance. Dickinson College has kindly supplied the use of their facilities to fraternity members for the past eight years.

The twenty-three faculty members of the Quint Province Leadership School are all men who work very closely with SAE on the national level like Marty Wiegelsworth, the second highest ranking member of the fraternity. Dickenson College President, William G. Durden was honored as the key note speaker.

Salisbury's own Duke Marshall, the Chapter Advisor for SAE and the President of the Alumni Association also helped out. His area of expertise dealt with alumni relations, and personal and Chapter financial management. Duke, as he is more commonly known, says that "SAE Leadership schools offer brothers a chance to mingle and interact with brothers from different schools to help share ideas. Events like these offer the individual the chance to learn qualities with essential leadership skill for life after college."

Over 20 different workshops were held on a wide range of subjects allowing students to learn about topics they were interested in from very knowledgeable and accomplished men. Topics covered within the workshops included scholarships to offer advice on how to improve study habits, how to handle crisis of all sorts, team building-management techniques,

of over 20 performances were held in the short three hours the mics were live, each one of the acts stepped up with confidence and gave the spectators



Adrienne Price photo

Senior Jordan Sokel jams out in front of a large and enthusiastic crowd in Cool Beans Thursday night. Tri-Mu hosted the event.

By Nick Lehwald
Staff Writer

Last Thursday in the Guerreri University center, Cool Beans coffee bar hosted its second, Open Mic night of the semester. Hosted by the SU Tri-Mu club (Making Music Matter), this semimonthly event drew its biggest crowd to date. With almost 100 students filling Cool Beans, it was definitely a successful night for all those involved.

Intended to be a small venue for SU musicians, Open Mic Night was an excellent opportunity for students to get up onstage (so to speak), gain confidence, and become comfortable performing in front

of an audience. Lack of confidence was hard to find amongst the performers that night.

Nathan Anderson, Music Club president, who not only m'd and ran the sound system but played his guitar on stage with friend Andy Morris, was thrilled with the evening.

"Tonight, it blew up. It was bumpy," Anderson said. "This has been our biggest Mic night to date. I think it's going to keep getting bigger and bigger every time for the rest of the semester."

With over 20 performances held in the short three hours the mics were live, each one of the acts stepped up with confidence and gave the spectators

the best they had. With a mix of cover songs and originals, there was a diverse range of songs that kept the whole audience involved throughout the evening.

The show consisted mostly of acoustic performances, with the occasional electric guitar, saxophone, keyboard and a small xylophone.

Solos, duets, trios and quartets all had their time in the lime light, some playing longer than others. "It was wonderful, marvelous, and spectacular. Mantabulous, even," said senior Nisa Cummings.

Everyone who attended Open Mic seemed to be in high spirits or perhaps just jacked up on coffee throughout the entire night, giving each performer their due. Decked out in proper coffee bar lounge attire, jeans, flannel, pajama pants, and flip flops, the spectators were all either cheering wildly for the great acts or clapping politely for the rest and the crowd lapped up every minute of the show. The unwritten rule of the night: no heckling was allowed. From 7 - 10 p.m., Cool Beans was the place to be for good music and cheer.

"This has been pretty good. It was a lot better than some of the other open mics I've been to," said junior, Alex Parrish.



Leslie Pusey photo

Kevin Stiles smiles during his performance at Open Mic Night.

Married couple enlightens audience about HIV

By Lindsay Sappington
Staff Writer

SAE fraternity brothers attend Quint Providence Leadership School in Carlisle, PA.

Ben Muell photo

What would you do if you fell in love with someone who was HIV positive? For Shawn Decker and Gwenn Barringer, the answer is not complex; you marry them!

If you didn't make it to their discussion about living with HIV last Monday night in Holloway Hall, you missed out on a remarkable story about *A Boy, a Girl, a Virus, and the Relationship that Happened Anyway*. Their story depicts how they manage their lifestyles as Shawn is HIV positive and Gwenn is not.

If for some reason Shawn was bleeding and it was outside of the body, within those few seconds it can't be transmitted through unbroken skin," said Barringer. "So even if I had his

Functions like these offer chances for the fraternity as a whole to grow and become stronger. This year SAE is following the theme "Be The One," which boils down to an individual challenge to be the one how to run an efficient meeting.

Vice president Rich Croce summarized his experience as a member of Sigma Alpha Epsilon and the Leadership Schools as follows. "I never sat out to be a leader but SAE has provided me with the opportunities to learn how to deal with people while seeing results. As an active member I learn things about myself which other experiences couldn't provide. I feel more confident in myself and what I can achieve," Croce said.

SAE has a history of developing leadership that started with it being the first national fraternity to establish a national headquarters in the 1930s. Leadership schools followed shortly afterwards. This summer, one thousand SAEs are expected to attend the John Q. Mosley Leadership School cruise.

When Decker first spoke, he reassured everyone to feel free to laugh during the discussion if something is funny. "Don't feel like you can't laugh at the guy with AIDS," Decker said. His

blood on my hand, it doesn't just magically go through the skin. It would have to be in an open cut, so it's actually fairly difficult to transmit in terms outside IV, drug use and sex."

Decker and Barringer travel nationally to speak about HIV. They have been featured in magazines like *POTUS, USA Today, Cosmopolitan* and much more.

Their stance towards what some may call a helpless or dooming lifestyle helps to enlighten feelings concerning HIV.

"I think the most rewarding thing since I became involved in HIV positive. "My advice to other people living with HIV is to not think that your life is the worse possible scenario. I think a lot of people get really down on themselves, they think things couldn't be worse," explained Decker. "I think the main problem for people with HIV is the self-imposed isolation and then by doing that to yourself everyone else's instinct is to be fearful of you. So I just try to get people to look around, figure out who their real friends are and take that emotional risk and let them in. It's a tough thing to have to deal with on your own and I don't think anyone should really have to."

Decker brought up the point that we've all met someone that's HIV positive. "My advice to other people living with HIV is to not think that your life is the worse possible scenario. I think a lot of people get really down on themselves, they think things couldn't be worse," explained Decker. "I think the main problem for people with HIV is the self-imposed isolation and then by doing that to yourself everyone else's instinct is to be fearful of you. So I just try to get people to look around, figure out who their real friends are and take that emotional risk and let them in. It's a tough thing to have to deal with on your own and I don't think anyone should really have to."

Ms. Advice

Ms. Advice answers all your questions, even private ones, in complete confidentiality. Send your questions to:

kk14480@students.salisbury.edu



Ms. Advice

"I'm going on spring break with a large group of girls. Most of them are single but I have a boyfriend. He's a very jealous person even though I have never cheated on him. He's really scared that my friends are going to pressure me into doing something to destroy our relationship. How do I convince him otherwise?"

There really is not that much you can do. He is going to believe what he wants no matter what. If you have been a faithful girlfriend and he still does not trust you, the issue is him, not you. If you are going somewhere that you will get cell reception, give him a call just to let him know you made it okay and that you are having fun. Tell him to go out with his friends as much as possible to keep his mind off of you being away. Do not let him take away your time with your friends and no matter what you do, do not sit in the room and talk to him the whole time. You will look back on the trip and wonder why you even went. If he has such deep trust issues to begin with, maybe it is time to reevaluate your relationship. No one should make you feel bad about yourself, especially if they are your boyfriend. When you come back from your trip, if he is accusatory, do not feel the need to explain yourself, especially if you have been honest in the past and he has no reason to believe something is up.

"I broke up with my girlfriend a few months ago. We have mutual friends so it's hard to avoid each other but I am ready to move on."

People Making A Difference

Allison Hueber

By Katie Murphy
Staff Writer

Allison Hueber is the current executive president of the SGA. Hueber is a native of High Bridge, NJ, where she enjoys hanging out and going to the beach when it's warm. Hueber climbed to her position after being involved with the SGA in high school. Hueber started off her SGA career at Salisbury University as a senator and climbed the ranks from there. As the executive president of the SGA, Hueber is responsible for overseeing all the RSOs (registered student organizations). She is responsible for all the clubs and organizations on campus in addition to helping out with all the big events the SGA puts on.

Last year Hueber was the Vice President of university affairs. This position prepared her for the demanding tasks of being the executive president of the SGA. As the VP of university affairs, Hueber concentrated on community service which prepared her for her current position.

It sounds like your ex girlfriend is still really hurt by the breakup and is still holding on to what could be. It might be a good idea to avoid seeing each other for awhile so she will really get the hint. Even if you are on friendly terms, you cannot call her and be her friend right now. She will get the wrong idea completely. If you are constantly around her, she is bound to get the wrong idea.

She might think that you are slowly trying to get back together by hanging out with the same people. If seeing her less does not help, you need to sit down and talk to her. Explain that you are ready to start dating other people and that she needs to be mature about it, especially if you have the same group of friends. It will be really hard for her to see you with someone else, but expect to give her the same respect when she brings a new guy around too. When you are talking to a new girl, avoid bringing up the ex or she is going to be suspicious and scared away easier. If it does come up, explain that you have mutual friends but that she is still getting over you. Honesty is the best policy and that way there are no surprises when the ex stops by your friends house. If you slowly cut her out of your life, she will get the hint and start to move on too. Just remember it takes a little longer for some people. Good luck!

The SGA has served as a gateway for Hueber, who has become active in many other campus

for a total of 250 people.



Telecia Taylor photo

One of Hueber's favorite experiences with the SGA was when they pulled together to accomplish a big task: to collect signatures against the tuition increase that was being considered. The SGA decided on one Wednesday night they were going to take on the task to try to collect over 1,000 signatures on Thursday. They were able to successfully collect over 1,000 signatures and send them off to Annapolis less than 24 hours after deciding to take on the cause.

"Every little thing helps," Hueber said. She felt like they were actually making a difference and doing something important. They found out they had made a difference when they went to Annapolis for SU day and received positive feedback from delegates. "Maybe we made it so it wasn't as much," said Hueber. She hopes the SGA's and Salisbury University students' efforts to voice their opinions did at least a small effect on the tuition increase.

The SGA has served as a gateway for Hueber, who has become active in many other campus

for a total of 250 people.

HEALTH COLUMN

Mental Health

By Sarah Brinton
Staff Writer

Mental health has become a serious issue on every college campus across the United States. Since the Virginia Tech and the Northern Illinois shootings, people are asking questions. Why did this happen? Could this have been prevented? These questions should not go unanswered, because there are plenty of things you can do to help yourself and others make every day more positive.

"Depression in college students is rising," said Kathleen Scott, Director of Student Counseling Services. This is not surprising because of all the changes college students endure. Moving away from home, different living arrangements, schedule changes, social anxiety, different diets, not to mention the stress of classes, can make anyone feel down.

To help balance out the stress, there are many things you can do to feel better on a day-to-day basis. Scott recommends regular sleep, exercise, enjoyable activities and relaxation, such as meditation or yoga. She also emphasizes care when using alcohol. Although a drink or two makes most people feel relaxed, alcohol is a depressant; consuming greater quantities can result in depression, anxiety and often aggression, according to a study at Radford University.

Getting involved on campus is a great way to make new friends. It always seems like there is never enough time to get schoolwork done, especially if you have a job. However, making contact with people who understand what you are going through as a college student can make life much easier.

Regular exercise makes for a happier life. It is not necessary to train like an athlete; however, taking 20 minutes of your day to walk around campus will help boost those endorphins. With spring in sight, it will also be more pleasurable to be outdoors.

Regular sleep, which means getting the same amount of sleep each night, will also help with mood. This is very hard for college students to fit into their lifestyle because of cramming for tests, finishing papers and late night social events. However, you should be mindful that you need a certain amount of sleep each night to function properly.

Pass on positive vibes. Smile to a classmate in the hall, hold the door for the person behind you and say hello to someone you may not know. In an age of terrorism, both at home and overseas, it is important to express to people around us warmth and humanity.

If students continue to have issues with relationships, jobs, or have suicidal thoughts, seek help to find the root of the problem. Especially if a student is on depression medication, seek help," urged Scott. If you want to talk to a counselor at Student Counseling Services, make an appointment.

Give yourself a boost and get your brain operational with this tasty breakfast smoothie. There are so many different ways to make these nutritional drinks. Experiment with different fruits and find out what you like best.

Blueberry Banana Smoothie
Prep time: 15 minutes
Ingredients: 1 ripe banana, 1/4 cup fresh or frozen blueberries (remove stems), 1/2 cup organic plain low fat yogurt, 1/4 cup skim or low fat milk, 1/2 cup crushed ice

Directions: Combine all ingredients in a blender and puree until smooth.

Here is an easy heart and brain healthy recipe that can be taken on that long awaited picnic.

Salmon Pockets
Prep time: 15 minutes

Ingredients: 1 can (7 1/2 ounces) salmon drained and flaked, 2 hard boiled eggs, shredded and chopped, 1 large tomato, chopped, 1 small red pepper, cored and chopped, 1/2 cup thinly sliced red onion, 1 can (2 1/4 ounce) black or green olives, drained, 1/2 cup garlic herb vinaigrette dressing, 6 whole wheat pita, sliced in half, 6 cups lettuce, spinach or romaine

Directions: Combine salmon, eggs,

tomato, bell pepper, red onion and olives in a medium bowl. Add vinaigrette while continuing to toss gently.

Lay pita halves with lettuce leaves

Spoon about 2/3 cup salmon mixture

into each pita half. Serve immediately or refrigerate for a later meal.



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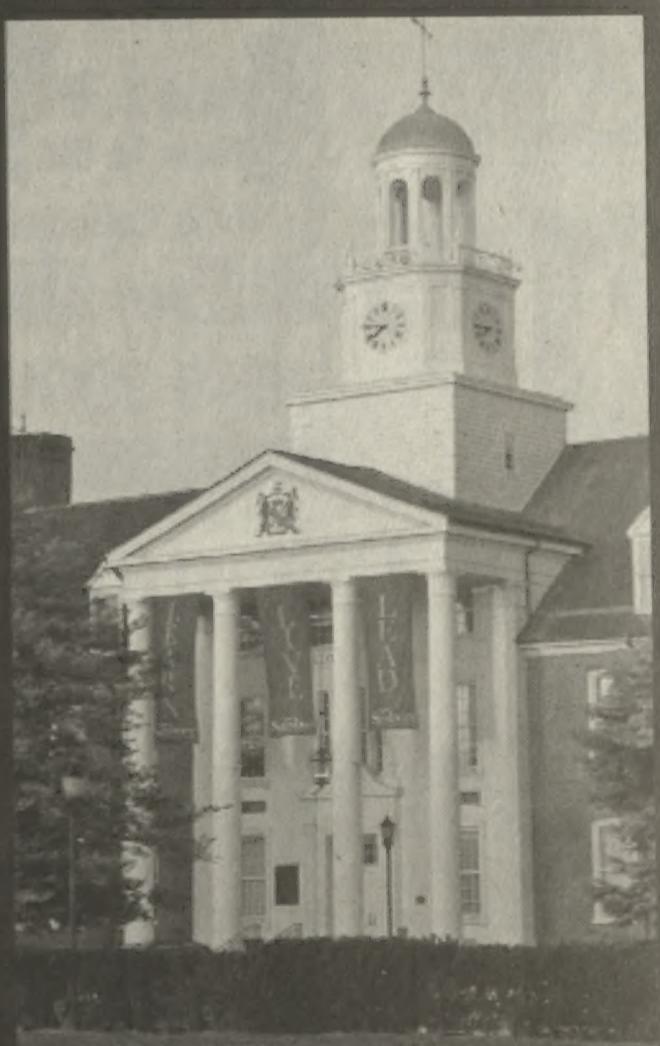
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FRIDAY, MARCH 14
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• Cool Beans closes at 3:30 p.m.
• The Gull's Nest & ECZs close at 3:30 p.m.
• The Commons closes at 3:30 p.m.

Spring Break Closing Schedule

SPRING BREAK HOURS (MARCH 17-21)
• Commons open for lunch in the Bistro
[11 a.m.-1:30 p.m. M-F]. Dining Dollars,
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• Cool Beans will be open from
8 a.m.-3:30 p.m. (M-F)
• All other dining locations closed.

SUNDAY, MARCH 23
• The Commons open for dinner
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• All other dining locations closed.

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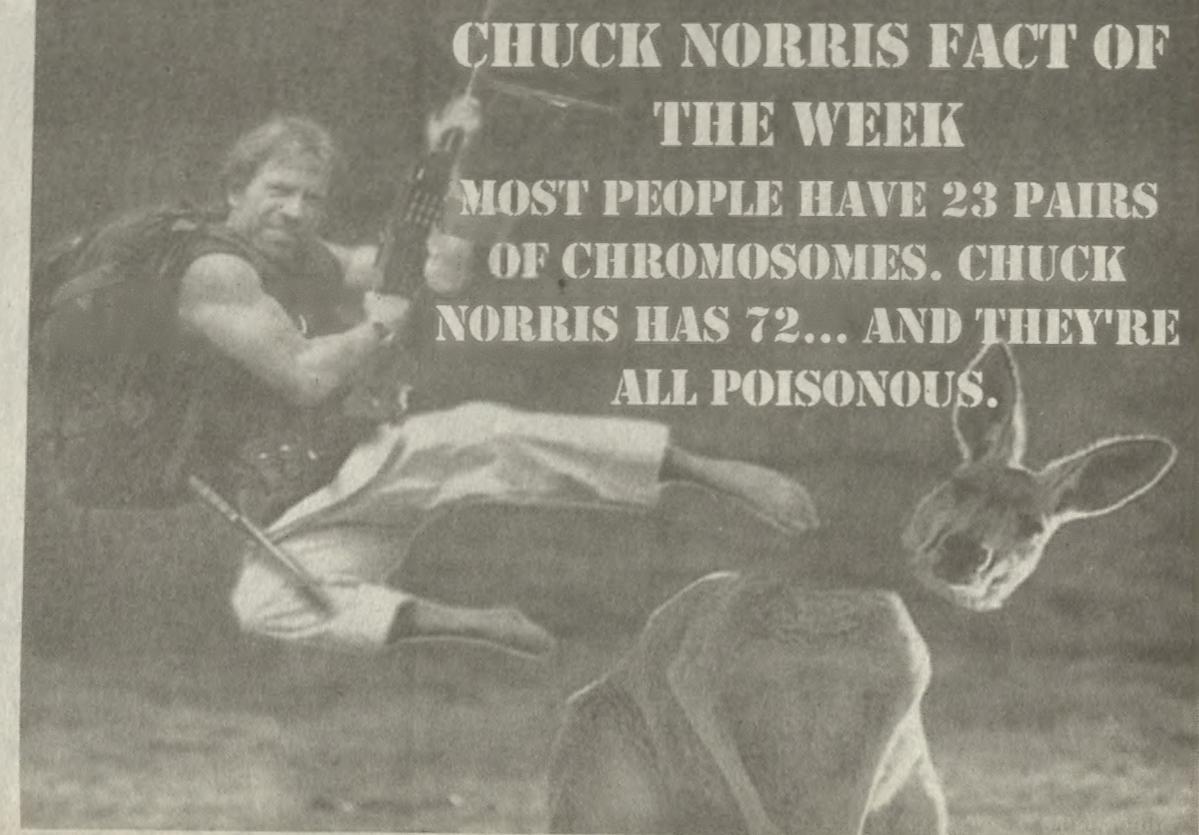
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From the photo bank: What's happening on campus



Adrienne Price photo
SU president Dr. Janet Dudley-Eshbach can't contain her excitement for the Healthy U ribbon-cutting ceremony on Tuesday.



Sarah Wright photo
Dangerous Minds author LouAnne Johnson answers questions during the Thursday morning Q&A following Wednesday night's lecture.



Adrienne Price photo
Students enjoy themselves in Cool Beans last Thursday night at Tri-Mu's second Open Mic Night of the semester.

In recognition of Women's History Month, *The Flyer* would like to celebrate the life and achievements of

Amelia Earhart

By Samantha Sullivan
Staff Writer

friend. It was then she knew she wanted to learn more. Pilot Frank Hawks gave her and her friend their first plane rides and as soon as she got high into the air, her mind was made up: she wanted to fly herself.

Earhart took her first flying lesson in 1921 and loved it so much that it only took her six months to save enough money to buy her first plane. The bright yellow plane she named Canary

flying accomplishments.

Earhart continued excelling in the aviation field and always held her own. Flying planes became her way of life. She married George Putnam, who helped her prepare for the ocean crossing with the men. The two became partners and made a great team.

They wanted to keep her solo flight a secret and planned it so no one would find out. On May 30, 1932, Earhart flew alone from Newfoundland to Paris but crashed in Ireland due to the icy conditions, north winds, and problems with her plane. She started a few cows but arrived safely and the media was there in no time. Earhart had made women's history and was very brave.

She showed that women were smart and courageous enough to do the same things as men could do.

"Earhart felt the flight proved that men and women were equal in jobs requiring intelligence, coordination, speed, coolness and willpower," states the official Amelia Earhart Web site.

President Hoover awarded Earhart with a gold medal from the National Geographic Society. Congress also awarded her with the Distinguished Flying Cross.

Earhart continued setting records and her success as a woman in the aviation field has been noted as exponential. She is a great role model for women looking for success in a field dominated largely by men. She has given faith to a great many women who have been intimidated or uncertain about their aspirations and dreams.

Earhart accepted the offer and they flew out of Trepassey Harbor, Newfoundland, arriving in Wales almost a day later. They were greeted in the States with parades and receptions on their return flight.

Ten years later, Earhart went to an aviation stunt show and the pilot tried to scare her by nose diving towards her and a

and liked it that way.

She also admired other successful women who had been recognized in male dominated fields; she collected newspaper clippings of their accomplishments. At the age of 10, Earhart saw a plane for the first time and did not think of it as an interest.

Its rusty, tattered parts were not pleasing to her eyes and did not think much of it.

Ten years later, Earhart went to an aviation stunt show and the pilot tried to scare her by nose diving towards her and a

earned her a first set women's record of achieving an altitude of 14,000 feet. She was fearless and determined to be an aviatrix.

In 1928, Earhart received a phone call at work and the outcome astonished her. She was asked to fly across the Atlantic Ocean with pilots Wilmer Stultz and Louis Gordon.

Earhart accepted the offer and they flew out of Trepassey Harbor, Newfoundland, arriving in Wales almost a day later. They were greeted in the States with parades and receptions on their return flight.

Earhart's disappearance on a round-the-world flight in 1937 has sparked many theories into what actually happened to her and her navigator, Fred Noonan. It remains a mystery to this day.

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Black Light Casino Night: A big winner hands down

By Kristin Hawkins
Staff Writer

Most Tuesday nights are dull, full of homework, television and phone calls. Nothing exciting happens and it's just one more day in a long string of miserable school days. Many students find themselves calling their friends to complain about how bored they are. On Tuesday the weekend happiness is just wearing off and it's too early to start the "Thirsty Thursday" routine. The monotony of Tuesdays is enough to make a person depressed.

This past Tuesday, March 4, was an exception to the rule. Salisbury University students finally had something to do. SOAP hosted Black Light Casino Night in Guerrieri University Center's Wicomico Room. Casino night is not a new event to the Salisbury community; SOAP hosts the event at least once a year, usually during Welcome Week in the fall. This past fall the organization sponsored a team poker tournament that did very well.

Although the event began a little later than its advertised 7 p.m. start time, it was obvious that the extra time was worth the wait.

The SOAP staff worked hard and by the time the music was turned on, the Wicomico Room had been completely transformed. Music, mainly Top 40 hits blasted through speakers. The room was completely dark except for the black lights around



Adrienne Price photo
Students try their luck at black light blackjack Tuesday night in the Wicomico Room. SOAP sponsored the successful event.

the room and tables were decorated with neon purple, green, orange, blue and yellow wands and rings illuminated by the light.

Tables were set up for games of craps, blackjack and poker. On either side of the doorway there were slot machines flashing with bright lights.

Students immediately settled around two of the blackjack tables. Many more began to play the slot machines. Smiles could be seen and laughter heard as the games began. "I thought it was very nice, a lot of fun. I've been to Vegas. I'm a big fan of casinos," said senior Aaron Boker.

Over the course of the night, students shuffled in and out of

SOAP's next activities take place after spring break. On March 29, they are presenting Battle of the DJs. On April 1, tickets go on sale for the Spring Concert in the SOAP office. The concert is April 29 and features One Republic and Fabolous.

Reception held to kick off Women's History Month

By Jillian Verpent
Staff Writer

The month of March is designated as Women's History Month to serve as a reminder of the accomplishments of women throughout history and how they have helped shape the world we live in today.

The President's Office sponsored a Women's History Month Reception in the lobby of Holloway Hall to commence Salisbury University's celebration of the occasion.

Bookmarks were passed out listing the events SU set up, which include lectures, discussions and performances throughout the month of March. The reception was followed with an International Women's Dinner held in the Commons.

"We're hoping that this event will spread the news about all of the events we have planned on campus to celebrate Women's History Month," said Dr. Claire Kew, Assistant Professor of French and a member of SU's Women's History Month Committee. "The role of women is often overlooked, and it's important to celebrate all of our accomplishments."

"Women need to be recognized for our role and the passion we put into what we do," said Clacie Hubbard, Administrative Assistant to the Office of Diversity and also a member of the WHM committee. "The reception will hopefully get people's attention."

It became clear that women's history was virtually invisible in most history course curriculums during the 1970s. In 1978, Women's History Week was started by the Education Task Force of the Sonoma County,

Riall lecturer LouAnne Johnson captivates future teachers



Sarah Wright photo
Dangerous Minds author and teacher LouAnne Johnson inspires her audience Wednesday night, March 5, in Holloway Hall.

By Chris Kidd
Staff Writer

ed to discuss various other subjects such as learning disabilities and health problems in relation to learning.

"50 percent of people who are learning disabled actually have light sensitivity," Johnson said before introducing her audience to a condition called Scotopic Sensitivity Syndrome, in which those affected have difficulty perceiving the printed page and their environment. She went on to explain that many people suffering from this learning disability actually get headaches, and find reading painful.

Johnson came to Salisbury University to talk to education majors about her experiences as a teacher for at-risk kids. Instead of simply reading snippets from her books, Johnson told the students some of her stories and strategies for earning children's respect.

Throughout the lecture, Johnson broke her strategies down into multiple, easy to understand lessons, such as her key rule of respecting everyone in the room.

"The United States uses 90 percent of the world's supply of Ritalin," Johnson said.

As Johnson concluded her presentation to the education majors of SU, students were able to come away from the lecture with a new perspective on teaching. Johnson managed to give her audience advice on how they should handle their classrooms, while comforting the students that had aspirations of becoming teachers.

"She was much more than just another lecturer. She talked to us as a normal person, and she made it all very relatable. It was reassuring to hear her experiences because most of the people in this room are going to be where she was soon," said Lauren Ojvalo, a junior majoring in education.

Once Johnson had finished with her presentation, the students took a break for the classroom, she proceeded



Sarah Wright photo
Students, faculty and staff attend the International Women's Dinner hosted by the Commons on Wednesday night.

the dark room to listen to the music, look at the lights, play a game and sometimes say hi to a friend. "We expected to have people filtering in and out instead of staying," Mazurkevich said.

The room was never overcrowded and although not always full, the people that came did not seem to regret their decision. "My freshman year Casino Night was fun, so I thought I'd try it again," said junior Nikki Cadet. She was not disappointed.

Those who won the games had the opportunity to win a variety of prizes. There were movies, poker sets, cards and, of course, SOAP t-shirts. "I had a blast. Those who came enjoyed themselves," said Nick Jordan, another organizer of the event.

The SOAP staff was impressed with the event. All SOAP events are planned at least a semester ahead and this one was no different. "It was the first event that involved the entire SOAP committee in a hands-on way," Mazurkevich said. The SOAP committee is an organization open to all Salisbury students that lets them get involved in the events that SOAP puts over the year.

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...Weekly Greek News... Greek of the Month

By Lindsey Dickinson
Staff Writer

Every month the National Panhellenic Council (NPC) at Salisbury University awards a woman who is active in a Greek organization with the title of "Greek of the Month." NPC chooses the Greek of the Month based off of character, involvement in her sorority, academics, and her involvement in other on-campus organizations.

For the month of March, Amanda Pincus was selected as Greek of the Month. Pincus comes to SU from New Jersey and is currently in her junior year, working towards her degree in psychology. She joined Alpha Sigma Tau (AST) last semester in the Beta Lambda pledge class.

"The Council and I decided that AST should be chosen this month because of her responsibility to her chapter's recruitment this year," says Jennifer Hackett, President of SU's NPC. "She stepped up as Assistant Recruitment and handled her first recruitment when the Recruitment Chair became ill. We appreciate her dedication to her chapter and the other organizations she is involved with."

Pincus is involved in several on-campus clubs, including the Psychology Club. While she does not currently hold a position in the organization she hopes to in the future. However, most of her time is dedicated to her many positions in AST. Currently Pincus holds three positions in AST including assistant recruitment, historian and game show.

Pincus' weekly schedule is also kept busy with the many philan-

thropic and other activities that AST sisters participate in. She is an extremely active sister and participates in all activities.

"My favorite part of AST is the philanthropy that we do. I just did Adopt-A-Highway for the first time and I absolutely loved it," Pincus said. "My favorite AST memory would have to be the day that I found out who my Big was. She has become one of my best friends and that day was so special to me," explained Pincus.

While being in a Greek organization is filled with many fun and memorable moments, Pincus also feels as though she has gained a lot more than just some good memories and experiences from being a sister of AST. She feels as though she has gained confidence in herself as well as lifelong friends.

"I think that being Greek has made me a lot more confident and sure of myself. I am comfortable in situations where I have to speak my mind and give my own opinions," Pincus said. "I have so many close friends who I know will be a part of my life forever and I know that I can always count on them. I have found out who I am and know that this is where I belong: in AST."

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Alternative spring break plans involve volunteering

By Kellie Madden
Staff Writer

Spring break is that time every college student looks forward to. For most, this time is filled with parties, relaxing with friends and family and maybe even a vacation to the beach. This year, several SU students are using their spring break to make a difference in the lives of others.

Operation New Hope, or WorkFest, sponsored by the Christian Appalachian Project, is a program designed to help the less fortunate meet housing needs of impoverished families struggling to survive in Appalachia.

This year, six Salisbury University students are volunteering their time with this organization to help rebuild dilapidated houses in Kentucky.

For juniors Crista Hajantoni and Kathleen Kerner, this will be their second year volunteering for WorkFest. The Christian Appalachian project has sponsored this program for over a decade and since it began, it has helped thousands of people.

"Some of my friends did it last year and they had a lot of fun. When they decided to go again this year they asked if I wanted to go with them," said junior Jessica Carey. "I'm sad that I'll miss out on all the partying over spring break, but this will look good on my resume and I'll be able to help people with their birthday cake."

"She started crying and she couldn't even talk, said she had never had someone give her a birthday cake or had someone sing 'Happy Birthday' to her," Kerner said. "It was a very moving experience; I almost started crying myself."

WorkFest is just one of several volunteer programs offered by the Christian Appalachian Project. Other programs range from short to long term volunteering, and there is no particular skill level required to volunteer. All that is needed is a willingness to work hard and help others. For more information about this organization, or to volunteer contact Jen Eich at 606-308-1570, or Amy Schill at 1-800-755-5322.

Hajantoni said she really enjoyed the cultural events they had last year. "It was interesting to learn about the region," she said.

"It was amazing that there are such bad conditions so close to where we live," Hajantoni said. "It makes you realize how horrible poverty can be, and it makes you

appreciate what you have."

Hajantoni said the students from the other schools were really nice, as were the other volunteers. "It was funny because a lot of the other kids thought we were really southern and said we had southern accents," she said.

Last year Kerner helped rebuild the home of an 81-year-old woman. Kerner said the woman had lived on her own for sixty years and she had never had heating or plumbing in her home.

"I remember when we got there she showed us her shotgun and told us all how she was strong and she was able to take care of herself," Kerner said.

The small, five-foot-tall woman

would walk two miles to the nearest well to get water. She would carry it back to her house where she would boil it before drinking, she said.

Kerner said they had to rebuild almost the entire house. The most important part was the expansion of the house. Along with other repairs, the volunteers installed a bathroom, and rebuilt the roof, which used to leak a lot.

Kerner said the elderly woman

would walk the workers every day helping out. On the last night of the WorkFest all of the families are invited to dinner. The day of the dinner was the woman's 81st birthday, so they surprised her with a birthday cake.

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Men's tennis sweep Dickinson

By Tom Watson
Staff Writer

The Salisbury University men's tennis team (4-0, CAC 1-0) swept Dickinson College 9-0 on Saturday afternoon, helping the team go 4-0 during their four-game home stand. Although dark skies and heavy rain forced the Gulls to play indoors at the Salisbury University Indoor Tennis Center, the rain could not douse the Sea Gulls' fierce desire for competition. After beating New York University, University of Maryland Eastern Shore and St. Mary's at home over the last two weeks 7-2, 9-0, 8-1, respectively, Salisbury, ranked 10th in the Atlantic South region, was hungry to extend their home winning streak.

Saturday was certainly not the preferred debut for the Dickinson Red Devils as they opened their season facing a hot Salisbury team with an eye for domination. Senior Brendan Kincaid and sophomore Scott Burzlaff defeated Dickinson's Ross Anstaett and Bo Marshall 8-3 at the No. 1 doubles spot. Salisbury junior Matt Nicholson and sophomore Evan Thomas routed Pavel Hejsek and Hunter Holbrook in No. 2 doubles by the score of 8-2, and the team of sophomore Marcus Robinson and freshman Andrew Nottage went on to complete the doubles sweep at the No. 3 position 8-3,

over Trevor Heck and Matt Wood.

As it turned out, the Sea Gulls' doubles sweep was only a warm-up to the singles matches. First Kincaid dominated his No. 2 singles match 6-1 and 6-1 against Dickinson's Marshall. Burzlaff later went on to beat Dickinson's Holbrook 6-0 and 6-3 in domineering style. Nicholson made his second appearance at No. 1 singles this season to defeat Anstaett 6-1 and 6-2. Thomas continued to play well and went on to handle Heck with ease, earning him the victory 6-1 and 6-2, while freshman David Lupinetti won handily at the No. 5 singles position 6-1 and 6-3 over Dickinson's Hejsek. The Red Devils' only real spark came from Rich Rosenthal in the final match against Salisbury University junior Sasha Felkinson. Rosenthal played well, but Felkinson was able to fend off his impressive performance and defeat him 6-2, 3-6 and 10-3. Felkinson's win helped the Gulls successfully sweep the Red Devils.

Salisbury captured their second sweep in the last two weeks by defeating the visiting Dickinson. The Sea Gulls look to keep the streak alive on Sunday as they travel to Chowan University for their first away match of the season. The Gulls will stay on the road, traveling to Virginia Wesleyan and York College before traveling to California for their spring break trip.



Andrew Baker photo

Number 2 women's lacrosse defeats Catholics

By Ben Muell
Staff Writer

The No. 2 Salisbury University women's lacrosse team seems to enjoy playing in cold and inclement weather because on another miserable and wet Saturday, the Sea Gulls flew to victory by defeating the Catholic University Cardinals, 21-8, before 125 loyal fans.

The number two ranked women's lacrosse team continued to jump out to early leads, starting the game off with a strong offensive surge. Sophomore Kim Cudmore scored the first goal off an assist from senior Sue Ackermann. After going up 5-0, the Sea Gulls allowed Catholic to gain momentum. Catholic mustered a burst of energy from two quick goals by Kate Robinson and Marcy Cunco towards the end of the first half. Sophomore Beth Rhoady and Ackermann were able to answer on back-to-back unassisted goals. Catholic was not finished, though, scoring twice within 43 seconds, both on free position shots by Cunco and Meghan Sabo. Catholics short burst of energy was short lived and the reality of Salisbury's superiority followed. The three-goal margin was the best anyone has ever tested the Sea Gulls with so far this

season, but like the rain, the Gulls poured on five more goals to close out the first half 12-5. The offense was led by Ackermann, who had three goals and one assist, and Jess Chmielewski, who scored three goals in the first half.

The second half started with Catholic University's Meghan Sabo scoring her third goal of the day, making the score 12-6. The Gulls responded with four straight goals, starting with a Robyn Bishop unassisted strike. Ackermann continued to produce numbers as she assisted freshman Logan Bilderback. Ackerman added her forth goal of the day a few minutes later. Senior Alexis Morrell, Chmielewski and Ackermann combined for the final six goals of the game, helping the Sea Gulls finish another game in domineering fashion by defeating the Catholic Cardinals 21-8.

Salisbury University was in command of the ball for a majority of the game, although Catholic did provide some difficulty for the Sea Gulls. The previously unbeaten Cardinals provided a small test for Salisbury with quick bursts and high energy. Through stellar defense and a high powered offense the Sea Gulls were able to remain in complete control of the game. The Sea Gulls scooped up

Men's lax remains undefeated



Sarah Wright photo

By Rachel Grau
Staff Writer

On Wednesday the men's lacrosse team continued their winning season with a strong win over Hood College, 29-5, and went on to defeat Ohio Wesleyan on Saturday, 14-10.

54 seconds into the first quarter against Hood, junior Kyler Berkman scored the first goal of the game, which was quickly followed by senior Matt Hickman's three consecutive goals. With nine seconds of the first quarter left, senior Ryan Brown scored a final goal bringing the Gull's lead to 10-1. In the second quarter Hood scored four goals off five shots, and Salisbury scored six more goals bringing the score to 16-5 at half time. After the half time break, the Sea Gull defense held strong and shut out Hood in the second half.

Hickman led the team with four goals. Berkman, sophomore Mike Winter, and junior Patrick Bonanno all had three goals apiece. Berkman also added two assists for the Sea Gulls. The Gulls won the first 34 face-offs of the game before Hood won their first in the fourth quarter.

The Sea Gulls were back at it on Saturday against Ohio Wesleyan. The Sea Gulls allowed double digit goals for the first time in the last 30 games. Berkman led the Gulls attack with two goals and three assists. Hickman added two goals and an assist while senior Greg Titus added

three. The Gulls never trailed in the game.

The Gulls committed a season-high 13 penalties. Ohio Wesleyan was able to capitalize on the 13 penalties by scoring two goals. The Gulls held a small lead, 3-1, after one quarter but the visiting Bishops went on to score back-to-back goals early in the second quarter cutting the Gulls lead to one. Titus responded by scoring two of the next three goals in the game giving the Gulls a 6-4 lead at halftime.

The Gulls scored five of the next six goals in the beginning of the second half giving them their biggest lead of the day, 11-5. Ohio Wesleyan fought back scoring five of the final eight goals ending the game at 14-10.

The Gulls offense out shot the opposing Bishops 40-25 and gathered 47 ground balls. Senior Ryan Browning and Ben Sandlin each forced four turnovers apiece; Berkman also caused four Ohio Wesleyan miscues. Ohio Wesleyan committed 32 turnovers in a game while the Gulls committed 30. Junior goalie Riley Clark made 10 saves on the day helping the Gulls hold off the aggressive Bishop offense.

The Gulls have won 64 straight games at home and 68 consecutive regular season contests. The Sea Gulls are on the road for their next game against Marymount University, a CAC rival, on Wednesday, March 12 at 3:30 p.m.



Andrew Baker photo

Women's tennis victorious

By Chris Brown
Staff Writer

"For us this year, this is the best we've played so far," said Randy Halfpap, Salisbury head tennis coach. "The first three matches really set the tone, and that was the best we have started," Halfpap said. "We have improved a ton."

Bridgewater was a non-conference foe, but Halfpap had been looking for some new competition for his team. "We knew they were up and coming and we wanted to get them up here for a match," Halfpap said. He explained that Bridgewater is from the same region, and that he had known their coach for some time. "He used to be the assistant coach at Mary Washington and I was able through association to schedule a match against his team," Halfpap said.

Salisbury's record is 4-2 while Bridgewater falls to 0-2. The Gulls also earned their third home victory of the year. Salisbury has now won two in a row since back-to-back losses to Washington (Md.) and New York University last week.

The Gulls travel to North Carolina to face Chowan College on Sunday and have matches against Virginia Wesleyan on Tuesday and a conference game against York College on Thursday. For spring break, the women's tennis team is headed to California for competition against several schools including Colorado College and Whittier.



Andrew Baker photo



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SALISBURY SPORTS CALENDAR

Tuesday-3/11	Wednesday-3/12	Thursday-3/13	Friday-3/14	Saturday-3/15	Sunday-3/16	Monday-3/17
3 p.m. Men's Tennis vs. Virginia Wesleyan	2 p.m. Softball vs. Christopher Newport		3 p.m. Men's Tennis @ York	Noon Baseball vs. Villa Julie	11 a.m. Softball vs. Capital	9 a.m. Baseball vs. Medaille
3 p.m. Women's Tennis @ Virginia Wesleyan	3 p.m. Baseball @ Villa Julie		3 p.m. Women's Tennis @ York	Noon Women's Lacrosse vs. Cortland State	Noon Men's Lacrosse vs. Denison	9 a.m. Men's Tennis vs. Colorado College
3:30 p.m. Women's Lacrosse @ Villa Julie	3:30 p.m. Men's Lacrosse @ Marymount			1 p.m. Softball vs. Swarthmore	3 p.m. Softball vs. Wilson	9 a.m. Women's Lacrosse vs. Bowdoin
	3:30 p.m. Women's Lacrosse @ Marymount			3 p.m. Softball vs. Capital		9 a.m. Women's Tennis vs. Colorado College